



BULLYING AND YOUR CHILD

Signs of Bullying

- The child comes home with torn or damaged belongings.
- The child has unexplained cuts, scratches or bruises.
- The child is afraid of going to school, walking to and from school, riding the bus or joining in activities with friends.
- The child is sad, moody, teary or depressed when returning from school.
- The child seems anxious and/or feels worthless.

*Bullying can also upset children who are not the target, but **observe** bullying happening to others.*

- Children who watch others being bullied often worry that they will be next.
- Children who see others being bullied can feel powerless and then feel guilty for not doing anything.

Ask your children about bullying in their school. Encourage them to talk to you or another adult about any bullying they see or experience.

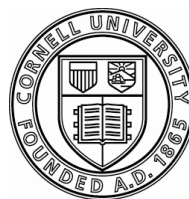
What is bullying?

- Bullying happens when someone repeatedly hurts or scares another person.
- The person being bullied usually has a hard time defending themselves.
- Bullying can also happen on-line or electronically using the internet or cell phones. This is called Cyber-Bullying.
- Both girls and boys bully, but there are differences in *how* they bully.
- Most often boys report being physically bullied.
- Most often girls report being targets of rumor spreading and sexual comments.

Bullying is a "Big Deal" NOT Just a "Fact of Life"

- **It happens more often than you think.** Studies have shown between 15% and 25% of students are bullied regularly, while 15% to 20% report bullying others on a regular basis.
- **Many hope to avoid being bullied by skipping school.** As many as 160,000 kids stay home on any given day just to avoid being bullied.
- **Bullying can cause other problems.** Those who bully are more likely to drop out of school, drink, vandalize, and get into fights. Studies suggest as many as 60% of boys who bully in middle school will have a least one criminal conviction by age 24.

Source:
stopbullyingnow.hrsa.gov



Cornell University
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Tips for Children Who are Being Bullied

- **DON'T** think it's your fault. No one ever "asked for" or "deserved" to be bullied.
- **DON'T** keep it to yourself and hope it will just "go away." It's normal to hope it will stop, or that the bully will pick on someone else instead, but often bullying does not stop until others get involved.
- **DON'T** fight back or bully a person back. It will not make things better and could end up getting you into trouble. Remember to treat people the way you want them to treat you.
- **DON'T** skip school or activities you enjoy for fear of being bullied. Remember you have the right to be at school or activities, *without being fearful*.
- **DON'T** think you are a "tattle tale" if you tell an adult. Telling is not "tattling" it is the right thing to do.

Bullying is a form of abuse and it is *wrong*. Children should be able to attend school without being fearful.

What Works in Bullying Prevention

The most promising programs to prevent bullying:

- Review and change the school's discipline codes related to bullying and develop consistent rules against bullying.
- Provide training to prepare school staff to recognize and respond to bullying.
- Use classroom activities to discuss issues related to bullying, talk to students about the nature and extent of bullying in their schools, and work individually with students who have been bullied or have bullied others.
- Teach other students, who are not being bullied, how to stand up for the victims.
- Involve parents in bullying prevention and intervention activities.

If you suspect your child is being bullied remember to...

- First, focus on your child. Be supportive and gather information by asking questions.
- Contact the child's principal or teacher, together you can create a plan of action.
- Take quick action. There is nothing worse than doing nothing.

Parental Information and Resource Center (PIRC)
Families and Communities Together with Schools

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This publication was produced in whole or in part with funds from the U.S. Department of Education, Office of Innovation and Improvement, Parental Information and Resource Center program, under grant #84.310.A. The content herein does not necessarily reflect the views of the Department of Education, any other agency of the U.S. government, or any other source.

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Revised 1/10